

The Fort Huachuca Scout®



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Mission on the border Pages 16, 17

Photo by Spc. Marcus Butler

Inside



Squared away

Avoid being the odd one out.

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NorthCom on border

JTF-North on border.

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Little League

Baseball season begins.

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Fit For Life

Body mass linked to health risks.

See Page B2



Penske Racing Museum

One, two, three, go!

See Page B3

Child abuse or discipline; a third opinion

BY CHIEF WARRANT OFFICER BILLY JOHNSON

I have enjoyed reading the comments and thoughts on disciplining our children. So, I would like to add my thoughts on the same subject. I believe the Bible to be the inspired word of God and was given to us for our inspiration and guidance. For a Christian, (someone that has placed their trust and faith in the death, burial and resurrection of Jesus Christ for the forgiveness of their sins) this is our manual to conduct our lives by daily. First and foremost in the state of Arizona, corporal punishment (spanking) is not against the law. We have laws and rules to keep us in check but not to take the place of Biblical teaching. We must obey the laws of the land when it comes to abuse of our children but this should not deter parents from disciplining their children. Of course, we know that we should not beat our children but discipline them in love. A child should never be spanked when the parent is angry, but the parent should be in control and explain the reason for the discipline and explain the same action will result in the same reaction each time. The parents must be consistent and both parents must be in agreement. The Bible has many things to say to us as parents on discipline.

A child needs to understand that time-out doesn't work for every situation but some actions

require different corrective measures. I have six children ranging from the age of 7 to 18 and they have all been disciplined by spanking and prayerfully they will use the same corrective measures when they have children. When a child does something wrong and remembers the discipline they received they will think twice before doing the same things again. On the other hand, if everytime they do something wrong they receive a time-out this may not be enough to deter them from doing the same thing over and over. Do not be afraid to discipline your children. Child protective services are in place to protect children from being abused not from being disciplined properly. I can take you to homes today in Sierra Vista that are run by 3 and 4 and 5-year-olds because the parents do not discipline them correctly. Let me paint the picture for you, you are in the grocery store and a toddler is screaming and yelling and maybe even on the floor throwing a fit because they want something. The parent then gives in and gives the child what they want; the child has just taken charge and will remember to do this whenever they want something again the next time at the store. But, if the parent carries the child to the bathroom and spansks the child, the child will think twice about repeating the same scene again. If someone in the stores ask you what you are doing, tell them you are spanking your child and to mind their own

business. Do you see the difference? There is a worldly way and a Biblical way of discipline. To summarize, our society is full of disrespectful and disobedient teens and young youths because they have never been taught discipline and never had any correction for their actions. It all goes back to the Bible; we as Christians have the truth printed for our direction, but if we are not a Christian the Bible means nothing to us and we do not have to listen or obey the direction given in God's word. Our society today has managed to take prayer, and the Bible at of our public schools and now they want to take discipline out of the hands of parents. We do not need to stand tall, but we must make a stand. God Bless.

Editor's note: it was necessary to remove a selection of proverbs supplied by the writer from this piece due to space limitations. Also, the opinion expressed in this commentary does not reflect the views of the U.S. Army or the Scout. Other viewpoints are welcome and readers are encouraged to submit commentaries for use in the paper. Please try to limit submissions to approximately 500 words. The Scout reserves the right to withhold publication of any commentary deemed inappropriate for a post newspaper. Due to the volume of contributions and the need to recognize specific dates or circumstances, a contribution may be held several weeks before publication.

Scout On The Street ————— What do you think of the recent rain?



PFC. JEFFREY BREWER
COMPANY C, 305TH MILITARY
INTELLIGENCE BATTALION

I enjoyed the rain so much, I didn't use the poncho.



PVT. TERRANCE CARTER,
COMPANY C, 305TH MILITARY
INTELLIGENCE BATTALION

It keeps the temperature down.



AMY FLORES
CIVILIAN

There's not enough of it.



2ND LT. PIERRE PERRY,
640TH MILITARY INTELLIGENCE
BATTALION

I'm only been here a day and it already rained.

The Fort Huachuca Scout

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Volunteers needed to become counselors

EQUAL EMPLOYMENT OFFICE

The installation Equal Employment Office, is presently recruiting individuals interested in serving as collateral duty EEO counselors. These individuals play a vital role in the Department of the Army's civilian discrimination complaints process.

It is their responsibility to serve as a neutral party gathering the facts surrounding the issues of the complaint. Counselors serve as a bridge between management and the employee in an attempt to resolve complaints of discrimination at the lowest level possible.

Any individual interested in serving as a counselor should first advise their supervisor of their interest to such an assignment and then contact the EEO office. Minimum requirements include that the interested party must have at least one year remaining in their current assignment (for active duty military), hold a minimum of a GS-07 or equivalent or E-7 or above, have good verbal and written communication skills, and be objective. With a well-staffed resource pool, each counselor should be required to conduct two to three inquiries per year, thereby having minimal effect on their primary mission.

In order to meet Department of the Army requirements, prospective counselors will attend a four-day training program which must lead to certification. This training is scheduled for July 15-25, from 8 a.m.- 4 p.m., Building 22328.

EEO counseling provides an excellent avenue to develop skills that are required in many career fields. It enables an individual to plan and organize an inquiry, to work and communicate effectively with all levels of employees and management, to prepare required reports, to review regulations and policies regarding personnel management, to interface with various organizational elements, and to negotiate resolution of complaints in innovative manners.

Every federal employee plays a role in the success of the Equal Employment Opportunity program. Counseling is just one way, an important way, of contributing to the program's success and the overall readiness of the Army's mission.

For more information, call EEO at 533-2028, or e-mail martha.aoki@us.army.mil, no later than June 10.

ACU components authorized

SCOUT REPORTS

The Department of the Army authorized all Soldiers to wear desert tan combat boots with their woodland camouflage battle dress uniform in the April update of Army Regulation 670-1.

The Army also added the wearing of all or part of the Improved Physical Fitness Uniform, commonly known as the 'PT' uniform, with civilian attire off post, when authorized by the commander.

The messages are available from the Deputy Chief of Staff, Army G-1's Web site and is available at www.odcsper.army.mil for public use.

The new part of AR 670-1 authorizing the tan desert boots with woodland camouflage BDUs is in paragraphs 6 and 6D of the document.

Additionally, the following parts of the Army Combat Uniform are also authorized for wear with BDUs and the desert battle dress uniform: the rigger belt, tan moisture wicking T-shirt, green socks and hot weather and temperate weather tan Army combat boots.

Soldiers may wear commercial desert boots, following regulations similar to wearing black combat boots.

The regulation states the new digital camouflage pattern will begin replace the current woodland and desert patterns May of this year and will be complete in May 2008.



Photo by Spc. Creighton Holub

Demolition man

Col. Jonathan Hunter, U.S. Army garrison commander, levels a building with a crane May 19 at Miles Manor. The housing at Miles Manor is scheduled to be destroyed and will be rebuilt in contemporary designs.

New law to affect SGLI payments, premiums

BY DONNA MILES

AMERICAN FORCES PRESS SERVICE

Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, Dec. 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct results of injuries received during Operation Iraqi Freedom or Operation Enduring Free-

See **SGLI**, Page A4

Solve wardrobe malfunctions; make on the spot corrections

BY SGT. JOY PARIANTE

SCOUT STAFF

Dull, scuffed boots plus a wrinkled uniform equals one ate up Soldier.

When a Soldier looks pressed and shined, it's a positive reflection of his discipline and of the Army as a whole. But, when a Soldier needs to be squared away as per the guidelines in Army Regulation 670-1, it's every Soldier's responsibility to

make corrections, regardless of rank or position, to honor the Army uniform and what it stands for.

"Proper wear of the uniform is a direct reflection on the professionalism of the Soldier and the unit the Soldier belongs to," said Command Sgt. Maj. Douglas Sandstrom, garrison command sergeant major.

When leaders look at their Soldiers' appearances, they're looking for the discipline that makes future leaders, said Command Sgt. Maj. Kurt

Richter, 111th Military Intelligence Brigade command sergeant major. The first impression is a lasting impression, Richter continued, and a good looking uniform sets a good lasting impression without the Soldier ever even opening his mouth.

"The proper wear of the uniform goes beyond looking like a Soldier, it's linked to good order and discipline," Sandstrom said. Discipline, he contin-

See **WARDROBE**, Page 14



Photo by Spc. Creighton Holub

Going for a ride

Travis Davis, 6, plays with sister Abrianna Kennebrew, 3, and Frederick Kennebrew II, 2, at the new fully accessible Lawton community park playground across the street from Burger King, after a May 18 ribbon cutting, marking the improved access. The three children's parents are Tonisha and Frederick Kennebrew. Almost \$155,000 was spent improving the park's accessibility.

SGLI, from Page A3

dom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 — will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of

6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's ap-

proval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help

them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage.

VA will continue to oversee and control the SGLI program.

Holiday Hours

Friday

WIRED COFFEE – HEALTH CENTER: Closed
BARBER SHOP GREELY HALL: Closed
REGIMENTAL FOOD COURT-ANTHONYS: 10:30 a.m. – 8 p.m.
REGIMENTAL FOOD COURT CHARLEYS: 10:30 a.m. – 8 p.m.
REGIMENTAL FOOD COURT POPEYES: 10:30 a.m. – 8 p.m.

Saturday

BURGER KING: 7 a.m. – 7 p.m.
REGIMENTAL FOOD COURT-ANTHONYS: noon – 7 p.m.
REGIMENTAL FOOD COURT CHARLEYS: noon – 7 p.m.
REGIMENTAL FOOD COURT POPEYES: noon – 7 p.m.

Sunday

BURGER KING: 10 a.m. – 5 p.m.
REGIMENTAL FOOD COURT-ANTHONYS: noon – 7 p.m.
REGIMENTAL FOOD COURT CHARLEYS: noon – 7 p.m.
REGIMENTAL FOOD COURT POPEYES: noon – 7 p.m.

Memorial Day

ADMIN OFFICE: Closed
LAUNDERETTE: 6 a.m. – 9 p.m.
MAIN STORE: 10 a.m. – 5 p.m.

BARBER SHOP MAIN STORE: 10 a.m. – 4 p.m.
BEAUTY SHOP: Closed
FLOWER SHOP: 11 a.m. – 4 p.m.
GNC: 11 a.m. – 4 p.m.
UPS STORE: 11 a.m. – 4 p.m.
OPTICAL SHOP: 11 a.m. – 4 p.m.
XTREEME FRANKS: 11 a.m. – 4 p.m.
BASKIN ROBINS: Closed
ANTHONY’S PIZZA: 10 a.m. – 4 p.m.
ROBIN HOOD DELI: 10:30 – 5 p.m.
WIRED COFFEE PX: Closed
WIRED COFFEE – HEALTH CENTER: Closed
FURN/ODL: 10 a.m. – 5 p.m.
SHOPPETTE/CLASS 6: 8 a.m. – 9 p.m.
BARRACKS PHONE CENTER: Closed
LAUNDRY, DRY CLEANER, ALTERATION: Closed
AT&T CYBER ZONE: 8 a.m. – 8 p.m.
BARBER SHOP REGIMENTAL: 10 a.m. – 4 p.m.
WIRED COFFEE: 9 a.m. – 8 p.m.
ENTERPRIZE: 11 a.m. – 3 p.m.
LAUNDRY & DRY CLEANER MCSS: Closed
MILITARY CLOTHING SALES STORE: Closed
COCHISE THEATER: Closed

BURGER KING: 10 a.m. – 5 p.m.
GREELY HALL DINER: Closed
BARBER SHOP GREELY HALL: Closed
JITC CAFETERIA: Closed
MOBIL: Closed
REGIMENTAL RETAIL STORE: 8 a.m. – 11 p.m.
REGIMENTAL FOOD COURT-ANTHONYS: noon – 8 p.m.
REGIMENTAL FOOD COURT CHARLEYS: noon – 8 p.m.
REGIMENTAL FOOD COURT POPEYES: noon – 8 p.m.
MAIN GATE SHOPPETTE: 8 a.m. – 9 p.m.
TACO JOHNS: 11 a.m. – 3 p.m.



Advertisement

Army recognizes logistics excellence

ARMY NEWS SERVICE

In today’s Global War on Terrorism, Army logisticians are on the front lines throughout the world. Their work, always difficult and often dangerous, ensures that warfighters have the supplies and mobility required to engage and defeat the enemy.

In that spirit, dozens of Army Soldiers, civilians and their families gathered this week to recognize excellence in all aspects of Army logistics.

Lt. Gen. Claude V. Christianson, the Army Deputy Chief of Staff, G-4 (Logistics), in association with the Association of the United States Army, hosted “Army Logistics Week” in Washington, D.C. The event’s theme was “Joint and Expeditionary Warfighter Support.”

The highlight of the week was an awards ceremony where the Army’s best logistics support providers in

the fields of maintenance, supply and deployment were recognized.

The first annual Army Chief of Staff’s Combined Logistics Excellence Awards, or CLEA, were presented to units and organizations that epitomized outstanding service and set the standard for others to emulate, according to Christianson.

“The Soldiers that are here represent the very best of Army logistics. In addition to these winners and runners-up, I know that there are thousands of dedicated unsung professionals out there every day doing magnificent work to support our Army,” Christianson said.

“Logistics can be a dirty business, because you’re always dealing with things that are broken and problems that have to be solved. So the awards themselves are important because they tell our logisticians in the field that their work is vital,” Christianson said.

Christianson noted that the

Army logistics team is a diverse one.

“We wouldn’t have Army logistics if we didn’t have Army civilians supporting us, as well as contractors dedicated to augmenting out capabilities. They all share with us the same sense of pride, priorities and commitment to service.”

As he reviewed the list of award winners, Christianson said that he identified common threads.

“All of these units, down to each individual, are dedicated to supporting Soldiers. They’re fully committed to their mission and take success personally.”

Secondly, they possess extraordinary attention to detail. Ours is a very complex business, and this attention to detail allows them to be successful.”

Finally, these people are from units that always finish the job they start.”



Photo by Maj. William Thurmond

Sgt. Timothy Halifax holds his young daughter, Hazel, while his wife Evelyn and other daughter Shania look on. They, along with their fellow award honorees, were attending a twilight tattoo on the White House Ellipse as guests of the Army G-4 staff. Halifax is a Bradley Infantry Fighting Vehicle mechanic with F Company, 3-69 Armor, 3d Infantry Division, based in Fort Stewart, Ga. His unit won the Army’s small unit operational deployment category. Halifax and his unit recently returned from an 8-month deployment in Iraq.

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Cost Warriors for May 2005

SCOUT REPORTS

Shelley Danzer, Range Control

Danzer coordinated with the Integrated Training Area Management Coordinator at Fort Bragg, N.C., to utilize excess geowebbing that had been unused at Fort Bragg since Desert Storm. Danzer arranged to have Fort Bragg palletize and load the geowebbing on trucks, and transport it to Fort Huachuca for a cost of \$20,000. This amount of geowebbing would have had a purchase price of approximately \$378,000. The initiative by Shelley Danzer produced a cost avoidance of \$358,000.

Dan Gibson, Adjutant General

Dan Gibson analyzed the current procedures used

in the annual Soldier Readiness Processing and his initiative puts in place a value added process which will save the equivalent of \$161,600 in man hours, per year.

Thomas Campbell, Directorate of Public Works

When repairing a valve in the Barnes Field House swimming pool, Campbell determined excessive water was being pumped out because of problems with the system design. The redesign and repair to the swimming pool water will reduce water consumption by 15,260,041 gallons a year. This will lead to annualized cost avoidance in out years of approximately \$300,000 per year.

Mandatory security training

Mandatory computer network security training is scheduled during the period of June 6 through June 10. Fort Huachuca personnel should use the following schedule to find their appropriate training class.

June 6: 9:00 – 11:00 a.m. Majors and above, GS-13 and above, and command sgts. major and sgts. major.

June 7: 8:00 – 12:00 a.m. IT/IASO/SA/IMO appointed personnel.

June 8: 8:00 – 12:00 a.m. IT/IASO/SA/IMO appointed personnel.

June 9: 8:00 – 12:00 a.m. IT/IASO/SA/IMO appointed personnel.

June 9: 1:00 – 3:00 p.m. Users. (Users only have to attend one of the training sessions on June 9 or 10)

June 10: 9:00 – 11:00 a.m. Users.

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JTF-North trains, protects in Naco

SCOUT REPORTS

The surrounding communities near Fort Huachuca are benefiting from national-level support in stopping drug smuggling, illegal immigration and terrorist threats.

Joint Task Force North, based at Fort Bliss, Texas, works with the military and government entities such as the Bureau of Customs and Border Protection, U.S. Border Patrol, Tucson Sector, to create a training environment for the military that contributes to homeland security.

The task force routinely provides support to the Tucson Sector and the other U.S. Border Patrol sectors along both the southern and northern borders of the United States. Joint Task Force North recently completed an engineer support mission in Naco.

"JTF North engineer missions are challenging and provide the units with some of the best 'real world' construction training within the continental United States," Armando Carrasco, Joint Task Force North Public Information Officer, said. "Unlike the aviation missions, engineer missions are generally more long-term and may

last several weeks or months."

The 63rd Engineer Company (Combat Support Equipment) was the second of two units providing assistance to arrive for April and May missions. The first deployment included approximately 35 active duty military engineers from the 307th Engineer Battalion, Fort Bragg, N.C., who arrived in Naco to construct low-water crossings, improve the border road and erect steel fences west of the port of entry. In mid-April, an additional 57 Soldiers assigned to the 63rd Engineer Company arrived to perform similar operations east of the port of entry.

The engineering support was coordinated by the task force. The task force, an element of U.S. Northern Command, coordinates and manages military homeland security support provided to the nation's federal law enforcement agencies for the interdiction of suspected transnational threats within and along the approaches to the continental United States. U.S. Northern Command is the combatant command established in 2002 to provide command and control of Department of Defense



Photos by Armando Carrasco

Engineering support provided to the U.S. Border Patrol along the Southwest border is among the most visible type of support operations conducted by Joint Task Force North. Engineering support includes road construction and improvement, fence construction, vehicle barrier and border lighting installation, and environmental assessments.

homeland defense efforts and to coordinate defense support to civil authorities. U.S. Northern Command's area of operations includes the air, land and sea approaches and encompasses the entire North American continent and the surrounding water out to approximately 500 nautical miles. It also includes most of the Gulf of Mexico, Puerto Rico and the U.S. Virgin Islands.

Transnational threats are those activities conducted by individuals or groups that involve international terrorism, narcotics trafficking, weapons of mass destruction and the delivery systems for such weapons that threaten the national security of the United States.

"These vital homeland security support missions provide the military units and personnel that volunteer to execute the operations with tremendous military training opportunities that directly enhance indi-

vidual military technical skills and accomplish unit tactical training," Carrasco said.

The engineer support missions that are executed in support of the Tucson Sector of the U.S. Border Patrol are only one example of the many types of homeland security support operations that the task force conducts throughout the nation. Other forms of support include: aviation support operations, air surveillance radar, unmanned aerial vehicle, ground sensor operations, air and ground transportation, road construction, perimeter lighting, fence construction, vehicle barrier construction, training and intelligence support.

Joint Task Force North was formerly known as Joint Task Force-Six. In a ceremony conducted on Sept. 28, 2004, JTF-6 was officially renamed JTF North and its mission was expanded to include providing homeland defense

support to the nation's federal law enforcement agencies.

The original version of the task force was established on Nov. 13, 1989, in response to President George H. W. Bush's declaration of the "War on Drugs."

"I believe that our military forces have the capability to make a substantial contribution toward drug interdiction, and I am instructing them to make the necessary preparations to carry out that responsibility," Dick Cheney said when he was the secretary of defense.

Colin Powell, then the commanding general of the U.S. Army's Forces Command, issued the order establishing the task force at Fort Bliss, Texas.

Since its inception, Joint Task Force North has completed over 5,800 missions in support of more than 430 local, state and federal law enforcement agencies.



Construction engineers from the 63rd Engineer Company (Combat Support Equipment), from Fort Benning, Ga., do their last day of construction work at the United States and Mexico border at Naco, Ariz., May 6, 2005. The Soldiers are using the work experience as training for their October deployment to Kuwait.

5/104th changes command

BY CAPT. DEBORAH A. DERIENZO
5/104TH MI BN USAR

The 5/104th Military Intelligence Battalion said farewell to Lt. Col. Julie Augeri during a change of command ceremony held on Sunday at Murr Community Center. Augeri relinquished her command of 27 months to Maj. Thomas M. Kelly, executive officer, 5/104th Battalion.

During her tenure as commander, Augeri has witnessed an incredible transformation in the U. S. Army Reserve. "When I first took command of the battalion, we were comfortable in the familiar, garrison-type activities, indicative of a peacetime training unit. Now we are part of an Army supporting a nation at war."

During her command, Augeri has seen dozens of her Soldiers called to duty; several of whom are currently serving on Fort Huachuca as instructors and cadre to support the training mission of Fort Huachuca.

"We are all having to divest of past attitudes regarding military service and our motives," she said. "We must serve so that our neighbors and friends can live their lives without fear and in freedom."

Augeri was commended by Maj. Gen. T.K. Moffett, commanding general, 104th Division, who called the MI



Courtesy photo

Lt. Col. Julie Augeri

Bn. "One of the best in the division," saying its mission is critical in the current operating environment.

"I want to thank all you Soldiers here today for your service to the nation and the 104th Division," Moffett said. "We are an Army at war serving a nation at war. These are unusual times that require great sacrifices."

Upon taking command of the unit, Kelly stated that he knows there will be many challenges facing him in the coming months. He also remarked that he takes the command with much admiration for the great responsibility before him and looks forward to watching the unit continue to succeed and lead the way it does.

Warrior-Citizens recognized

ARMY NEWS SERVICE

The Army Reserve has created a new program to help reintroduce Army Reserve Soldiers returning from military operations to civilian life: The Welcome Home Warrior-Citizen Program.

As part of this program, which is an initiative of the chief of Army Reserve, Lt. Gen. James R. Helmly, Army Reserve Soldiers are given a cased, folded, American flag to honor their service while supporting military operations such as Operation Iraqi Freedom.

The 1st Infantry Division Detachment Rear Operation Center, an Army Reserve unit located in Bamberg, was the first Army Reserve unit in Europe to receive this prestigious award.

"It was truly an honor to be a part of the first group of Army Reserve units to receive this award from Lt. Gen. Helmly," said Col. Michael J. Sinnott, commander, 1st ID ROC. "It was even more special to see my Soldiers receive it because they really deserve it."

Sgt. Luis E. Gama of the 1st

ID ROC said his wife was stunned when he received the award at their welcome home ceremony.

"My wife asked me, with wide eyes and her face turning red, why were we receiving American flags, because she associated folded American flags with a Soldier being killed in action," Gama said with a smile. "I explained to her that this was the Army Reserve's way of letting us know how much they appreciate us, and I must say, it really means a lot, because this is a really nice award."

As the Soldiers received their Welcome Home Warrior-Citizen awards, their spouses gazed on surly knowing that it was more comforting seeing their Soldier receive a folded flag then them having to receive one on their behalf.

Four members of the 5/104th Military Intelligence Battalion at Fort Huachuca were honored with Warrior-Citizen awards. Sgt. Victoria Suhocki, Staff Sgt. Sara Flemming, Staff Sgt. Daniel Hammond and Capt. Gerardo Rivera were awarded Sunday at Murr Community Center.

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Range Closures

Today – AL, AR, AU, AY, T1, T1A, T2
 Friday – AL, AR, T1, T1A, T2
 Saturday – AL, AR, T1, T1A, T2
 Sunday – AL, AR, T1, T1A, T2
 Monday – AC, AD, AL, AR
 Tuesday – AL, AR, AU, T1, T1A, T2
 Wednesday – AC, AD, AL, AR, T1, T1A, T2

For more information on range closures contact Range Control 533-7095. Closures are subject to change.

Paintball

Students from grades 6 to 8 are invited to play paintball at 10 a.m. – 3 p.m. on Saturday at the Sportsman's Center. Participants should arrive at 9:55 a.m. to pick up the equipment. Equipment is on first come first serve basis.

To register for the event students must have a parent or guardian sign a permission slip and release form. Participants must bring a lunch, at least \$10 for paintballs, water, extra money, sunscreen and snacks. Long sleeves and jeans are suggested. For more information, call 533-4589.

Oasis Cafe

The Post Chapel sponsors a coffee house for Initial Entry Training stu-

dents on selected Friday nights: 7-10 p.m. on June 10, 24, July 8, 22; Aug. 12, 26; Sept. 9, 23, 7-10 p.m. This provides Soldiers a safe environment, plenty of snacks, variety of sodas and coffees, snow cones, board games, homemade baked goods and contemporary style Christian music. Volunteers are needed to help with baking and volunteering on-site, 6 p.m. – 10 p.m. on those Friday nights. Baked goods should be delivered to the Main Post Chapel by noon on the day of the event. Cupcakes and muffins are also accepted.

The Oasis Cafe is located in the Prosser Village Chapel Annex on the corner of Bissel and Stein road. For more information, call Josephine Moore at 533-4748.

Music Workshop

A music workshop will be held 6 p.m. – 9 p.m. on June 10 and 9 a.m. – 3 p.m. on June 11 at Kino Chapel.

There will also be a concert 6:30 p.m. – 9 p.m. on June 11. The workshop is open to all Fort Huachuca chapel participants and the concert is open to the entire post and surrounding community. For more information, call 520-803-6279 or 533-4711.

Memorial Day Ceremony

Fort Huachuca will conduct a Me-

morial Day observance at 11:30 a.m., on Monday at the installation cemetery.

The event is open to the public. This year's theme is "A Tribute to Our Fallen Comrades." Cemetery parking will be limited, but buses will be available to transport guests to and from the cemetery at two designated parking lots: Shuttle Number one will be at Christy Avenue/Butler Road. Shuttle number two will be located at Andrews Road/Christy Avenue.

These parking lots will have buses available for transport, free of charge. Golf carts will also be available for handicap assistance. For reserved seating, call the USAIC&FH Protocol Office at 533-1232. For more information, call Suzette Krusemark at 533-3185 or suzette.krusemark@us.army.mil.

Road paving

The Directorate of Public Works will be repaving Butler Road between Christy Avenue and the Canelo Road and the Gatewood Road intersection. The repaving will begin on May 23 and is expected to be completed by July 1. The road will remain open while the repairs are underway. For more information, call 533-1443.

Office closure

The NETCOM/9th ASC, ACofS, G8

will be closed June 30 at 11 a.m. for the annual picnic. The office of ACofS, G8 will be minimally staffed during this time. For more information, call Fran Lopez and 538-6881.

Robo-Tech Camp

The Joint Interoperability Test Command and the National Science Center will host the first ever DISA Field Site Robo-Tech Camp.

The camp will be held 8:30 a.m. – 3:30 p.m. on July 11 – 15 at the JITC building 57305. Students who will enter the 6 – 8 grades in the fall are eligible to participate. Participants will be chosen based on completion of an essay. Camp students will learn how to program the robot to complete simple to complex challenges, including a Mars Rover challenge.

Essays can be submitted via e-mail to JITC_camp@disa.mil, faxed to 533-4825, or mailed to Joint Interoperability Test Command, ATTN: JTDA (Mr. Kaczowski), P.O. Box 12798, Fort Huachuca, AZ 85613-2798. The cost for this camp is \$100.

For more information, call Anita Bickler at 538-5018 or Chris Kaczowski at 538-5439 or send an e-mail to JITC_camp@disa.mil.

Chaplain's Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

<u>Main Post Chapel</u>		
CCD	10:45 a.m.	Sunday

Adult	10:45 a.m.	Sunday
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7p.m.
MCCW	1st Friday	7 p.m.

Protestant

Main Post Chapel

PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.

Kino Chapel

Women's Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		
Adult/Youth Sunday	Sunday	8 a.m.
School		
Youth Church	1st, 2nd, 3rd, 5th Sunday	
Men's Choir	Tuesday	7 p.m.
Rehearsal		
Women's Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	today	6 - 7 p.m.
Youth Bible Study	today	6 - 7 p.m.
Sanctuary Choir	today	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.

Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

Murr Community Center

Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	
Meetings		
Women's Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after service	
Meetings		
Men's Ministry	Saturday	8 a.m.
Bible Study		
Women's Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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Advertisement

WARDROBE, from Page A4

ued is linked to success on the battlefield. For example, before the first drill and ceremony manual was created, the Army was greatly lacking in good order and discipline, Sandstrom explained. These shortcomings contributed to the Army suffering many battlefield losses. With the onset of uniformity and discipline, the Army began to see combat successes.

Aside from displaying discipline, a correctly worn uniform shows honor to the Army and fellow Soldiers, past and present.

“Soldiers from the earliest days of the Revolutionary War wore their uniforms with pride and Soldiers throughout our history have continued to do so,” Sandstrom said. Wearing the uniform in compliance with Army standards reflects pride in the history of our service and the honor of the Soldiers that have served and especially those who gave their all while wearing the uniform.”

“We have had Soldiers who have gone into harm’s way and made the ultimate sacrifice,” Richter echoed. “They’d like to put on the uniform again, but they never will.” Proper wear of the uniform is a way to pay honor to them, he added.

“When we don the uniform, we don’t just represent ourselves, but we represent the legacy

of an Army and Nation forged by hard work and sacrifice,” said Staff Sgt. Adam C. Hanson, drill sergeant, Company E, 309th Military Intelligence Battalion.

Proper wear and appearance doesn’t stop at crisp uniforms and mirror-like boots. It also covers hair, jewelry, head gear, nail polish and makeup.

Both Richter and Hanson agreed that the most common regulation violation they see on Fort Huachuca is regarding the proper wear and fit of the berets. Considering units worldwide have been wearing the beret for quite awhile, Soldiers should be able to properly shave, shape and wear their berets, Richter said.

Sandstrom pointed out that many Soldiers are sporting unauthorized body piercings. “Army regulations apply 24 hours a day, around the world, on post or off post,” Sandstrom reminded. “There is only one authorized body piercing and that is for female Soldiers to wear pierced earrings.”

So what if you come across a specialist, sergeant first class, captain or colonel who’s violating AR 670-1? Richter, Hanson and Sandstrom all agreed that the person should be addressed by their rank and then the violation should be pointed out clearly and respectfully.

The servicemember is usually unaware the condition existed, Sandstrom said. “I’m usually appreciative [of someone pointing that out],” he said. He said he’s thankful for the deficiency being noted so he can correct it. “I don’t want to display an undisciplined appearance.”

Richter noted that all Soldiers need to have the courage to enforce the regulations. “It’s easy to walk by a mistake, but when you walk by a mistake, you’re creating a new standard.”

Sandstrom also reminded that not only is every Soldier allowed to make on the spot corrections to others, but for noncommissioned officers, part of their duty is to instill pride and discipline in their subordinates.

“I think that Soldiers should be proud of wearing their uniform because they are wearing the honor of all the Soldiers that have served before them,” Sandstrom said. “They are wearing the symbol of service that pre-dates the Declaration of Independence. When Soldiers don their uniform each day and look in the mirror, I hope that they say to themselves that they are bringing credit to their service by the way they present themselves in uniform.”

“By not wearing it properly, you are disgracing yourself, your fellow Soldiers and those who have served in the Army,” Hanson said.

Advertisement

Civilian of the Month for May

SCOUT REPORTS

Fort Huachuca’s Civilian of the Month for May is Yolanda W. Mendoza, Pharmacy Service, Raymond W. Bliss Army Health Center.

Mendoza was nominated for her outstanding work at the RWBAHC pharmacy as both a pharmacy technician and pharmacy supply technician.

The other nominees were Mary L. Burke, Communications Security Logistics Activity and David M. Rogers Sr., 11th Signal Brigade, Brigade S-3, Information Management Office. Mendoza will receive an Achievement Medal for Civilian Service, the use of a car for one month from Lawley Chevrolet, gift certificates from

Sierra Vista merchants, a desk plaque from the Civilian Personnel Advisory Center, a Morale, Welfare and Recreation certificate for lunch or dinner from a Fort Huachuca establishment, a wall plaque from the Sierra Vista Chamber of Commerce and her name, as Civilian of the Month, posted at the Main Gate.

Supervisors can nominate their deserving employees for Civilian of the Month. Per Fort Huachuca Regulation 690-5, all permanent appropriated fund and nonappropriated fund employees are eligible with the exception of employees officially assigned as supervisors (GS-10 and above) and senior executive service personnel. For more information, call CPAC at 533-5282.



Photo by Sgt. Susan Redwine

Yolanda Mendoza works in the pharmacy at Raymond W. Bliss Army Health Center.

Advertisement

Engineers secure America's



Photo by Spc. Creighton Holub

Construction engineers from the 63rd Engineer Company (Combat Support Equipment), from Fort Benning, Ga., speak with 1st Sgt. George Joseph on their last day of construction work at the United States and Mexico border at Naco, Ariz.

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

An Army unit crossed roughly three-quarters of the country to respond to a U.S. Border Patrol request for support in Naco, Ariz., last month.

The 63rd Engineer Company (Combat Support Equipment), Fort Benning, Ga., used ingenuity in the hot, dusty Arizona desert to help fortify the U.S. Border Patrol's security mission while training for their deployment to Kuwait in October.

The unit arrived in response to a request for Department of Defense homeland security support submitted by the Bureau of Customs and Border Protection, U.S. Border Patrol, Tucson Sector. The U.S. Army military engineers deployed to the Naco border area last month.

The engineering support was coordinated by Joint Task Force North, based at Fort Bliss, Texas. The task force, an element of U.S. Northern Command, coordinates and manages military homeland security support provided to the nation's federal law enforcement agencies for the interdiction of suspected transnational threats within and along

the approaches to the continental United States.

The Soldiers of the 63rd engineers enhanced their skills through cross training of new skills for some Soldiers. In addition to filling the Bollard fence with concrete, the Soldiers taught each other how to put up cattle guards, grade dirt roads, weld the fence, improve the roads and raised them one foot and built concrete roads that are designed to direct the water during monsoon season.

These missions provide the units with an unprecedented ability to train on over 90 percent of their war fighter tasks in unique and diverse environments that are different from the environments the Fort Benning Soldiers are used to. Georgia is a different climate — lush vegetation, lower temperatures and higher humidity compared to the arid Arizona desert.

"When we first showed up we worked half days so the Soldiers could get acclimated," Bennett said about deploying to Arizona. Even on the last day of construction, the Soldiers were still using heat countermeasures such as drinking water and working without their camouflage jackets.

The 63rd Engineer Company was in Iraq in 2003

and is going to Kuwait this October. "It's real similar to this, but hotter," Bennett said describing her unit's overseas assignment. She calls the dirt there "moon dust" and that the dirt at the Naco border is very similar.

These missions also provide commanders with highly beneficial opportunities to train the full spectrum of their unit's tactical deployment, mission execution and redeployment capabilities; exercising complete unit self-deployment by land transport, rail, and strategic airlift.

The 63rd Engineer Company moved into action quickly. The unit left Fort Benning on April 7 and arrived at Douglas, Ariz., April 8.

"We build roads and trails," Capt. Holli Bennett, company commander, said. "This gives us a training environment in the desert. It helps the border patrol. It's a win-win situation."

While the original mission was to improve a one-mile road, create "V-ditches" that allow water to run off the road and make two concrete paths for lower water crossings that measure 281 and 170 feet long, the engineers finished their job early and

border at Naco port of entry

started working on other missions.

“We put in Bollard fence so the water can get through, but people can’t,” Bennett said. Her unit finished the project early and completed other projects left unfinished by previous units such as welding and erecting Bollard fences in another area. The engineers also put square bales of hay on the opposite side of the newly improved roads from the fence to slow water down and help prevent erosion from damaging the newly improved roads and hampering U.S. Border Patrol operations at the border.

The engineers also packed away the old Bollard fence blueprints and used a more efficient process to address the irrigation and security concerns.

The Bollard fence design has been redesigned to incorporate the current fence. The Bollard fence was originally metal pipes the size that one can grasp with a closed hand, however the new version is thicker and several inches longer in all dimensions. Plus, the engineers are filling the pipes with concrete.

The U.S. Border Patrol paid for the construction materials and the task force paid for equipment rental and transporting the Army personnel to Arizona, Bennett said.

The 57-person unit has gone without accidents while doing their jobs and learning other construction job skills.

Bennett said the old fence would be damaged during monsoon season “if the water can’t flow through properly.” The Bollard fence is used to direct the water through rocks in a V-ditch then onto the concrete pads and into another V-ditch and finally through hay.

“We’re creating a slope,” Bennett said. “So the water flows down here and not into other areas.”

All the construction units were replacing Vietnam-era airfield matting with the old version of Bollard fence

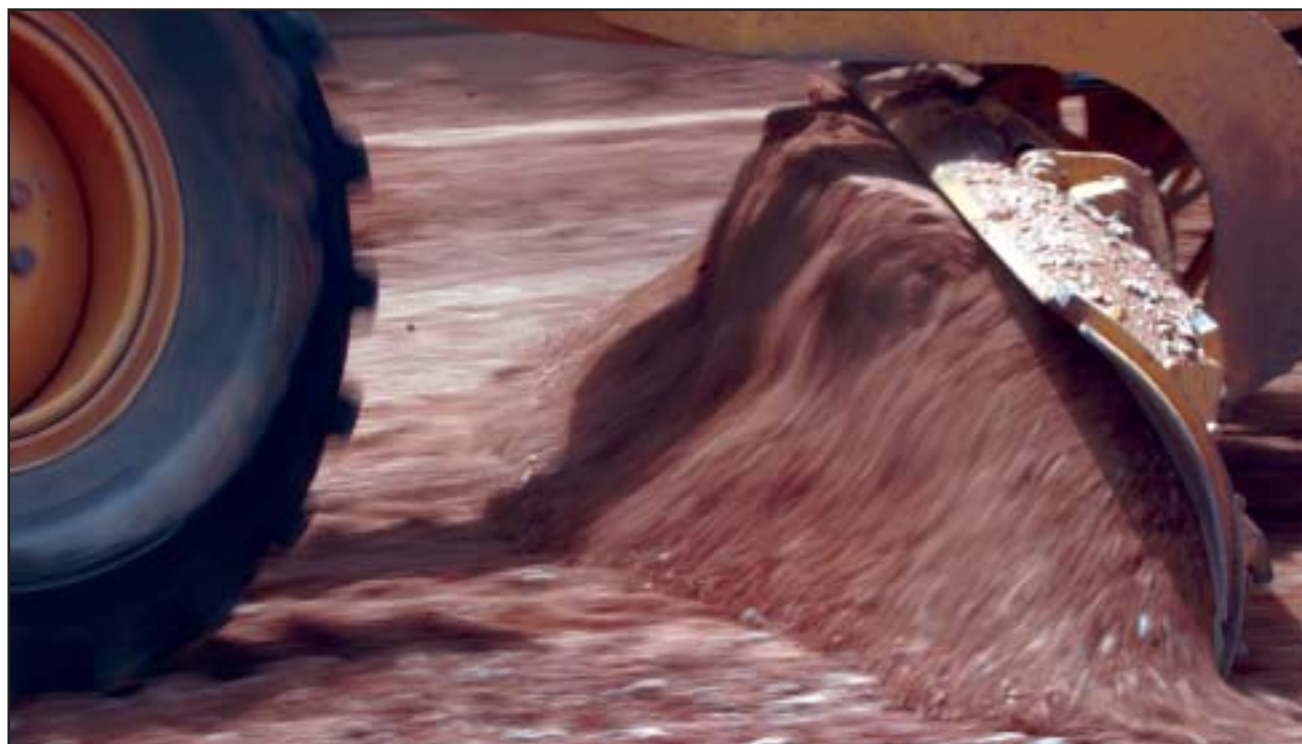


Photo by Spc. Marcus Butler

Construction engineers of the 63rd Engineer Company (Combat Support Equipment), from Fort Benning, Ga., use a grader to flatten an improved road at the United States and Mexico border at Naco.

until the 63rd Engineer Company showed up.

The engineers realized they could save time and money by only replacing the bottom of the matting with the Bollard fence. The fence is put in at about a 45 degree angle, filled with cement, and then rocks are put around the fence posts and in the ditch. The procedure called for more welding than the original plan, but it spreads the expensive fence posts out along a farther

distance than totally replacing the airfield matting.

“First we put in regular fill to raise it six inches,” Bennett said describing the road improvement process. Then the Soldiers put in six inches of surface course, which is a harder substance that is easier for vehicles to drive quickly on.

The 63rd Engineer Company is a construction unit that builds roads and other relatively flat constructions. This type of construction engineer unit is called “horizontal” because of the type of work it does. However, there is another type of construction engineer unit called “vertical” because it has electricians, plumbers and carpenters who build buildings and perform maintenance on those buildings.

“They build up,” 1st Sgt. George Joseph said comparing a vertical unit to his horizontal unit. “We build out.”

The other type of combat engineers is the fighting-on-the-front-lines-type with Soldiers such as Sgt. 1st Class Paul Ray Smith, 3rd Infantry Division, who was awarded the Medal of Honor posthumously April 4 for his “conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty,” near Baghdad International Airport on April 4, 2003, according to the citation for his Medal of Honor at www.army.mil/medalofhonor/.

The larger picture of these engineers’ jobs is getting Soldiers like Smith to the front lines and more importantly, back home, safely and quickly via better roads.

The military personnel executing these training and construction missions within the continental United States operate strictly in a support role; they cannot search, seize, detain, or make arrests. Federal law prohibits the use of active duty and reserve military personnel in a direct law enforcement capacity.

Editor’s note: Information from the Joint Task Force North was used in this story.



Photo by Spc. Creighton Holub

Construction engineers from the 63rd Engineer Company (Combat Support Equipment), from Fort Benning, Ga., do their last day of construction work at the United States and Mexico border at Naco, Ariz.

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Service News

DoD testing 'revolutionary' device

The Department of Defense is testing a cutting-edge technology so revolutionary military scientists are saying it will change the face of biological warfare.

The Joint Biological Agent Identification and Diagnostic System, a 40-pound device small enough to slip into a rucksack, is designed to vastly increase the speed and accuracy of biological warfare agent detection.

Prior to the device, it took the military two to four days back in a microbiology laboratory to accurately identify the presence of a biological warfare agent.

The new technology can do it on the spot in 40 minutes.

The device looks deceptively simple, just a laptop connected to an analyzer. Lab technicians load suspect samples into a carousel within the analyzer where they're "cooked and cooled" repeatedly so strands of DNA break apart and reform to make copies of themselves. Each time heating and cooling occur, more DNA copies are formed, which

takes something from undetectable to identifiable.

The device can simultaneously identify up to 10 different biological warfare agents in a given sample, including smallpox, anthrax, plague and encephalitis.

JBAIDS' sensitivity, or ability to accurately identify specimens containing an agent, is averaging at least 85 percent per test, and its specificity, or accuracy in pinpointing the percentage of specimens without an agent, has averaged at least 90 percent.

The result is a higher confidence in the accuracy of information for military leaders.

The device's size enables it to travel with service members into war, eliminating the need to send samples to a laboratory stateside, which delays diagnosis and treatment of affected people. DoD began a joint-service testing of the device in 2003 to ensure the civilian-made system could be as effective in war as in a stateside lab.

The latest was a two-week operational test at Brooks City-Base, which wrapped up Wednesday. Air Force, Army, Navy and Marine Corps lab technicians and program developers traveled to San Antonio to make sure the device met DoD specifications.

Army Chemical Corps personnel collected irradiated or "dead" samples from the field and delivered them to lab technicians. The technicians set up shop in portable "ISO-shelters," which can be packed up and shipped worldwide, then extracted a test sample for analysis from environmental, food and clinical specimens such as blood and sputum.

If approved, JBAIDS will enter full-rate production in September and the DoD will distribute 450 systems throughout the services over the next three years.

In the meantime, Idaho Technology will seek Food and Drug Administration approval, something that will help launch JBAIDS into civilian and military fixed and deployable medical facilities as a diagnostic tool and into DoD veterinary food labs for testing of food and water supplies.

The modifiable technology will continue to evolve over the next several years. The next step is the addition of toxin detection this summer, and later, development of a handheld version, Boston said.

Advertisement

Ultimate sacrifice paid in support of OIF

Two Soldiers who were supporting Operation Iraqi Freedom died May 19 in Baghdad, Iraq, when they were shot while conducting dismounted combat operations. Both were assigned to the Army National Guard's 1st Battalion, 156th Armor Regiment, 256th Brigade Combat Team, Shreveport, La.

The Soldiers are:

Spc. Bernard L. Sembly, 25, of Bossier City, La.

Sgt. Robin V. Fell, 22, of Shreveport, La.

Pfc. Wyatt D. Eisenhower, 26, of Pinckneyville, Ill., died May 19 in Mahmudiyah, Iraq, on an escort mission in a HMMWV when an improvised explosive device detonated on a bridge. Eisenhower was assigned to the Army's 2nd Battalion, 70th Armor, 3rd Brigade, 1st Armored Division, Fort Riley, Kan.

Pfc. Wesley R. Riggs, 19, of

Baytown, Texas died May 17 in Tikrit, Iraq, from injuries sustained when an improvised explosive device detonated near his dismounted position. Riggs was assigned to the Army's 2d Battalion, 7th Infantry Regiment, 3d Infantry Division, Fort Stewart, Ga.

Sgt. Jacob M. Simpson, 24, of Ashland, Oregon died May 16, in Tal Afar, Iraq, when a rocket propelled grenade struck the building he was securing. Simpson was assigned to the Army's 2d Squadron, 3d Armored Cavalry Regiment from Fort Carson, Colo.

Sgt. Charles C. Gillican, III, 35, of Brunswick, Ga., died May 14 at Camp Arifjan, Kuwait, from injuries sustained in a military vehicle accident. Gillican was assigned to the Army National Guard's 1st Battalion, 118th Field Artillery Regiment, 48th Infantry Brigade, Brunswick, Ga.



Advertisement

Jo Dee Messina, Carrot Top to perform June 23 at LAAF

The 2005 Miller Lite Army Concert Tour is coming to Libby Army Airfield, Fort Huachuca, June 23. Gates will open at 6:30 p.m., and the show will start at 8 p.m. Headlining the show will be award-winning, multi-platinum recording artist Jo Dee Messina, along with one of the most popular and successful comedians in America, "Carrot Top."

The concert is open to the public. There will be easy access from off-post, with the route to the concert simplified for the public's convenience. The East Gate will be used exclusively for concert attendees, providing direct access. Concert access will be controlled, but well-marked and quick.

Tickets go on sale tomorrow at the ITR Office, Desert Lanes, MWR Rents, all Spur Western Wear

locations and area Safeway stores. General admission tickets prices are \$15 in advance and \$20 at the gate.

Tickets for active duty military E5 and above, and their dependents, are \$12 in advance and \$15 at the gate. These tickets must be purchased at one of the on-post locations. E4 and below active duty military will be admitted free, with a ticket. Junior enlisted Soldiers should contact their unit SGM for more information.

Although she is billed prima-



Carrot Top



Jo Dee Messina

rily as a country artist, Jo Dee Messina has also had considerable success in the pop/rock field, with her huge cross-over hit, "Bring on the Rain."

Since her debut in 1996, Messina has had nine number one songs, two number one albums, and has sold more than 5 million albums. She has received critical acclaim for her explosive singing style and electrifying performances.

Each year, Carrot Top stars for 15 weeks in Las Vegas at the MGM Grand, headlines another 100 plus concerts across the country and makes dozens of television appearances, which have included more than two dozen guest spots on the "Tonight Show."

For more ticket information, call 533-2404. For more general information, call 538-1690.

'Why Not?' Dinner Dance at TMAC

The Thunder Mountain Activity Centre will present the "Why Not?" Dinner Dance, 6 p.m. - 1 a.m., Friday. The event is open to high school students only. The admission charge is \$8 per person or \$12 per couple.

The price includes a full buffet dinner, with salad bar and dessert station. There will also be door prizes and a DJ playing a variety of music.

For more information, call TMAC at 533-3802.

Holiday hours at MWR facilities

Jeannie's Diner will be open 11 a.m. - 10:30 p.m., Friday, for the training holiday. Jeannie's will be open 11:30 - 5:30 p.m., Monday, for the Memorial Day holiday. Call 533-5759 for more information.

Desert Lanes will be open noon - 6 p.m., Monday. For more information, call 533-2849.

Eifler Fitness Center will be open 9 a.m. - 5 p.m., Monday. For more information, call 533-4723.

Coming up at Desert Lanes

Beginning Friday, Desert Lanes will present "Rock 300," 7 - 11 p.m., every Friday and Saturday. You can bowl for four hours, including the cost of shoes, for the reduced price of \$12.

Rock 300 features glow-in-the-dark lanes, pins, carpeting, black lights, disco and strobe lights and satellite DJ music, creating a unique and fun atmosphere. Desert Lanes staff will play them for you.

Beginning June 4, and continuing June 18 and 25, Desert Lanes will offer a nine-pin, no-tap tournament. Entry fee is \$12 per person, per week. For more information, call 533-2849.

Half-price paintball Saturday

Half-price paintball day will be held Saturday, 10 a.m. - 4:30 p.m. \$10 covers the cost of the gun, mask, CO2, field fee and 100 rounds of ammunition. For more information, call 533-7085.

"Teen Night" at Time Out

Time Out will present "Teen Night" for high school students, 6 - 10 p.m., Saturday. In order to attend, you must have a current high school ID or a combination of state-issued ID and documents to prove your high school status. Cover charge will be \$3 with military ID and \$4 without. The admission price includes free munchies and door prizes.

Time Out is located on Arizona Street, across from Barnes Field House. For more information, call 533-3876.

Irwin Pool to open this weekend

Irwin Pool will open for the summer season 11 a.m. - 7 p.m., Saturday.

The pool's summer hours will be: 11 a.m. - 7 p.m., Monday, Thursday, Friday, Saturday and Sunday. It will be closed Tuesday and Wednesday. For more information, call 538-3858.

Summer arts, crafts program for kids

The MWR Arts Center will offer the "Summer Fun" arts and crafts program for children age 5 - 12, from 10 to 11:30 a.m., beginning Tuesday.

Each session will offer a different craft. The upcoming schedule is: Tuesday, tie dye; Wednesday, leather works; and June 8, picture frame magnet.

Cost of the program is \$8.50 per child and all materials are included. Pre-registration is required.

Register your child at the MWR Arts Center, Building 52008 on Arizona Street. For more information, call 533-2015.

Register for summer riding camps

Registration is now in progress at Buffalo Corral for summer riding camps for youth ages 7 - 17.

The first weekly camp will be held 8 a.m. - noon, June 6 - 10. The camps will continue on a weekly basis through the week of Aug. 1 - 5, except for the week of July 4 - 8, when no camp will be held.

The camps held the weeks of June 20 - 24 and July

18 - 22 will be open to advanced riders only. Children who attend riding camp either of these two weeks must have participated in the 2003 and 2004 summer riding programs.

The price is \$98 per child, per week. Children may participate for more than one week. Registration fees must be paid by close of business Thursday the week before each camp.

For more information or to register for the riding camps, call Buffalo Corral at 533-5220.

Visit ITR for your leisure needs

All active duty military are invited to stop in now - June 15 at the Information, Ticket and Reservations Office and register for a chance to win a Celebrity Cruise. Entry forms and additional information are available at ITR.

ITR has tickets available for the following events at the Tucson Convention Center: June 11, Tres Locos Comedy Tour, and Aug. 21, top Latin recording group "Intocable."

ITR also has Tucson Sidewinders baseball tickets available, priced at \$7 for box seat vouchers and \$3.75 for general admission.

The ITR Office is located in the MWR Rents Building 70914, Irwin Street. The facility is open 9 a.m. - 5 p.m., Monday - Friday. For more information, call 533-2404.

Summer photo camp for youth

The MWR Arts Center will offer a summer photo camp for youth ages 10 - 14+, 10 a.m. - 2 p.m., June 14, 21, 28 and July 5.

Cost of the camp is \$75 and includes a camera and all other necessary materials.

Students will learn the basic concepts of camera operation, and how to process and print black and white film.

You can register your child for the class at the MWR Arts Center, Building 52008 on Arizona Street, or call 533-2015 for more information.

Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com





Movies

The Upside of Anger plays at 7 p.m. Friday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

Fort Huachuca Cardinals soar over Pierce Orioles

BY SPC. MARCUS BUTLER
SCOUT STAFF

The Fort Huachuca Cardinals beat the Pierce Orioles 22-15 in a come from behind victory during Little League baseball action Saturday.

The game started off badly for the Cardinals as the Orioles jumped out to a big lead. Going through their batting order, the Orioles racked up 11 runs in the top of the first inning.

Things only seemed to get worse from there for the Cardinals as the defense of the Orioles snuffed out virtually everything the Cardinals threw at them. Orioles' pitcher Claire Biglow was by far the most valu-

able player, racking up two strike outs in that inning. When the dust settled, the Cardinals only had two hits and one run batted in at the end of the first inning.

After a quick pep talk from their coach and a pitching change, the Cardinals performance did a 180-degree turn and shut out the Orioles in the top of the second while piling up seven runs in the bottom of the second.

At the top of the third, the Orioles jump out fast and scored two runs with no outs. Regaining their composure, the Cardinals buckled down and got out of the inning with two strike outs and one ground out.

Back on the offensive, the bottom of the third was filled with great hitting from the Cardinals. Things started with three back-to-back triples by the Cardinals and an in-the-park home run by Cardinals second baseman Patrick Ransford.

Going into the fourth inning, the Orioles tried to make a run by loading the bases only to fall short and be shut out again.

In the bottom of the 6th inning, the Cardinals scored another 6 runs and forced a do or die top of the fifth for the Orioles. If the Orioles couldn't make up the deficit, then the game would be called.

So at the top of the fifth



Photos by Spc. Marcus Butler

Cardinals' Peter Thomas goes through his wind up and throws a strike during the bottom of the second inning.

inning, the Cardinals got themselves into a jam allowing the Orioles to chip away at the lead. The Ori-

oles scored 2 more runs before they were retired. The final score was Cardinals 22, and the Orioles 15.

Post taekwondo team members become All Army athletes

SCOUT REPORTS

Two members of the post taekwondo team made the 2005 All Army taekwondo team.

Dar'ya Grozovskaya, 69th Signal Battalion and Joy Pariente, Headquarters and Headquarters Company, U.S. Army Garrison were chosen to be part of the nine-member team for the 2005 competition year. The highlight of this competition year is the U.S. National competition in San Jose, Calif.

Grozovskaya and Pariente are members of the post taekwondo team, coached by five-time All Army team member Howard Clayton, trial counsel, Staff Judge Advocate's office.

"I'm really proud [of my athletes], it validates the program [post taekwondo]," Clayton said. When the post taekwondo team was formed last summer, Clayton explained, his first goal was to train military athletes for the All Army team and his second goal was to train civilians to place at

the U.S. National Championships.

"In eight months of existence, the team has already met both those goals," Clayton said.

All Army taekwondo hopefuls converged upon Fort Indiantown Gap, Penn. for a two week trial camp. All Army camp is usually much longer and culminates with a fight off to determine team members, said Jay Utter, team captain and 2004 National champion, HHC, 10th Mountain Division (LI), Fort Drum, N.Y. However, due to program restrictions, this year's camp was shorter and a local Pennsylvania competition was used to evaluate skill levels and choose team members, he said.

The All Army taekwondo program has been around since the mid-80s and it provides Soldiers a path towards national and world level competition, Utter said. Normally, All Army team members go on to compete for a place on the Armed Forces team and later compete in world mili-

tary championships. With no Armed Forces or Conseil International du Sports Militaire competitions for taekwondo this year, All Army team members will head solely down the civilian competition route, competing in U.S. Nationals in October. "I expect nothing less than two or three national champions this fall," Utter declared.

This year's team is comprised of fly weight Jamielee Toyota, Fort Hood, Texas; bantam weight Donovan Rider, South Carolina Army Reserves; feather weight Daven Moore, Fort Gordon, Ga.; light weight Jonathan Fennell, Georgia Army Reserves, welter weight Utter, middle weight Lewis Davis, Korea and heavy weight Michael Kandewen, Fort Drum, N.Y. Grozovskaya is the team's female bantam and Pariente is the female welter.

The team roster is almost entirely composed of first year All Army athletes, Utter said. He attributes the lack of returning talent to Army wide deployments.

This puts the team at a bit of a disadvantage, Utter explained, because returning members bring experience and make up the core of the team.

On the upside for the team this year, the coach is Bongseok Kim, a military intelligence warrant officer currently out of Fort Huachuca and an accomplished and experienced taekwondo practitioner. "We have a very experienced, very knowledgeable senior NCO [noncommissioned officer]/officer in charge [of us]," Utter said.

Taekwondo is a great sport choice for military members, Utter explained, because it very closely parallels the Army mission. Taekwondo instills discipline and respect in participants, which are two of the main aspects of the Army, Utter said.

"The military has always excelled at contact sports [boxing, wrestling, taekwondo]," Clayton explained. "Soldiers are naturally oriented for combat sports."

Sports have always been an

integral part of the Army, explained Leslie Woods, chief, sports division, Fort Huachuca Morale, Welfare and Recreation Division. The Army aspires to have sports programs on all installations because of the nature of sports, especially team sports, Woods said. Sports instill a sense of discipline, esprit de corps and goal setting, Woods explained.

All Army sports are an outlet for outstanding athletes to further involve themselves with their sport, Woods explained. "It's a great program for Soldiers," Woods said. "Outside of Division One sports, there isn't a better program for amateur athletes." For example, in the All Army boxing program, athletes are taught by an Olympic coach. In the civilian sector, Woods explained, an amateur would pay thousands of dollars for the training that is afforded to Soldiers for free. Also, transportation, food, billeting and competition fees are

See TKD, Page B7

Fit for life

Health risks linked to body composition

BY GEORGE R. COLFER, PH.D.
CONTRIBUTING WRITER

In recent years, body mass index has been the preferred measure to determine overweight, over fat and obesity. BMI has received acceptance in testing both adults and children by the Centers for Disease Control and Prevention. The ease of calculating BMI and the simplified categories for results are reasons for its use and popularity. Several current research studies show a strong correlation between BMI and body fat content.

Now, there appears to be another method that is challenging BMI for an assessment of possible health risks. A simple measure of waist circumference may be just as effective for predicting the potential for disease resulting from obesity.

Health and medical experts have determined that when more fat is stored around the abdomen, the risk for certain diseases is much greater than for normal waist size. For example, men with a waist size of over 37 inches accounted for 80 percent of the type 2 diabetes that occurred. A female study showed that extremely obese women have double the risk of premature death than women of normal weight. It's been stated that obesity is as much a danger as cancer in terms of lives lost.

Body composition is the name given to any measure that determines body fat content for health and fitness purposes. This refers to the amount of lean body weight that a person has including bones, muscles, organs and other tissues compared to the amount or percentage of fat stored in the body. It helps in identifying the conditions of overweight, over fat and obesity. As a point of clarification, overweight is excessive weight as compared to standards or norms compiled and reported by insurance companies. Over fat is having an excessive amount of fatty tissue in the body and obesity is a combination of overweight and over fat usually accompanied by a loss of functional movement such as bending, squatting and the inability to support oneself in various positions. In some cases excess fat actually prevents body part movements.

Body composition can be taken from skin fold measurements and hydrostatic or underwater weighing which is the more precise measure. Both methods may have a cost or fee for the service provided. Both require experienced testers and calibrated equipment. Skin fold measures also may vary from the model or type of calipers used. Two or three measures are taken at selected sites to determine reliability and the subject must have bare and dry skin. Since more than 50 percent of body fat is just below the skin, accurate testing should provide a reasonable estimate. Underwater weighing is based on the Archimedeian Principle that loss of weight underwater is equivalent to body volume. It requires a special tank and many people are uncomfortable submerged and cannot follow the procedures, one of which is to expel air from the lungs while fully submerged.

circumference which can determine overweight, over fat and obesity, but not body fat percentage. Anyone can do these assessments at any time without cost. BMI requires accurate knowledge of height and weight put to a formula (Table I). A waist measure put to established standards (Table II) establishes similar results to BMI. Both are useful tools to assess health risks.

Which method should one use and what should the results tell? The average person should get the information they need from BMI and waist circumference. The purpose of both is to alert people to the health risks they may be facing from being overweight or obese. To be quite candid, most adults with weight control difficulty are already aware of it. Identification by testing is the first step to remediate the situation. Children may not be as aware, therefore the benefit of education about weight control, eating healthy and staying active. Children's habits can be changed more readily than adults with proper supervision, relevant knowledge and motivation. The longer the delay in confronting obesity and weight control problems, the more difficult it becomes regardless of age.

Body fat percentages may be of more interest to those who are physically active and competitive in sport and fitness. For example, a male endurance athlete should have a body fat of 10 percentage or less to be competitive. If they are in the 15-16 percentage range, losing body fat would be a step toward improvement. As people age, body fat becomes no less important, but few 50+adults perform as competitive athletes. Therefore, BMI or waist circumference may be sufficient for their needs. A low body fat percentage is difficult to maintain. A 22-year old male with a skin fold sum of 40 would have a body fat estimate of 10.7 percentage. A 60-year old male with the same measure would be estimated at 15.2 percentage, almost one-third higher.

In summary, it would appear that for most adults and children interested in identifying how their present weight could affect their chances of being at an increased risk for cardiovascular disease, diabetes and others, the use of BMI and/or waist circumference should suffice. Athletes and highly fit individuals may want to include body fat percentages.

Several studies conclude that the lack of physical activity is the major drawback to weight control, followed by a lack of will power or motivation to change habits and third is overeating and poor nutrition habits. Ask yourself these three questions: do I really want to lose weight; am I willing to be physically active 3-5 days per week; and can I eat in moderation and select healthy foods? If your answer is "yes" to all three, you have a fighting chance. If you answer "no" to even one question, then in reality controlling weight and improving upon health risks are not a priority in your lifestyle. It becomes an individual choice.

TABLE 1 - BMI

Formula - multiply body weight in pounds by 703, and then divide twice by height in inches.

Example: a 5'5" female weighing 130 pounds would have a BMI of 21.63.

Categorization of results (adults) and Health Risk levels.

- BMI =under 19 - Underweight
- 19.1-25 - Normal (low risk)
- 25.1-26.9 - Borderline normal (low to moderate risk)
- 27-29.9 - Overweight/over fat (moderate risk)
- 30-39.9 - Obesity (high risk)
- over 40 - Extreme obesity (very high health risk)

Table II - Waist Circumference

Men - A waist size of 35" or less corresponds to a BMI of 25 or lower.

A waist size of 40" or more corresponds to a BMI of 30 or higher.

Women - A waist size of 33" or less corresponds to a BMI of 25 or lower.

A waist size of 37" or more corresponds to a BMI of 30 or higher.

Table III - Body Composition

The ideal body fat content is between 12 and 16 percent for the military age male (18-22 years).

The ideal body fat content is between 18 and 22 percent for the military-age female (18-22 years).

Men would be considered over fat at 17-22 percent and obese if body fat exceeds 23 percent.

Women would be considered over fat at 23-27 percent and obese if body fat exceeds 28 percent.



A soldier has his body fat index measured. Soldiers must meet the Army's height and weight standards to stay in the military.

Photo by Sgt. Susan Redwine

Arizona Tourist

Racing museum, just the thing to rev your engine



Photos by Spc. Marcus Butler

One of the many cars on display at Penske Racing Museum. Also featured are famous drivers such as Rusty Wallace of NASCAR and Gil de Ferran of the Indy Racing League.

**BY SPC.
MARCUS BUTLER**
SCOUT STAFF

If you love racing or just love cars, a trip to the Penske Racing

Museum in Phoenix will satisfy all of your automotive desires. The Penske Racing Museum celebrates nearly 40 years of the winning tradition of

Penske racing, showcasing an amazing collection of vintage race cars, racing trophies, and various racing memorabilia. The world-class collection at the Penske Racing Museum includes several NASCAR vehicles and Indy 500 pace cars.

Drivers featured include Helio Castroneves and Gil de Ferran of the Indy Racing League, as well as Rusty Wallace and Ryan Newman of NASCAR.

The Penske Racing Museum offers 22,000 square feet of indoor and outdoor function space, including two floors plus a mezzanine with a collapsible glass wall. The museum holds 11 of the 13 Penske Racing Indy 500 winning cars and 18 racing and vintage cars on display. Also, this 8,000 square foot facility with its state of the



Penske Racing Museum has everything for the car fanatic. From race cars to pace cars, engines to wheels, the museum offers a collection of items representing 40 years of winning tradition.

art visual capabilities offers a spectacular view of the McDowell Mountains and a custom designed off-road course.

The Off-Road Adventure course is truly a luxury roller coaster thrill ride for adults. Created exclusively for Land Rover vehicles, participants get to ride in the lap of luxury in a brand new Land Rover as a

professional driver guides you through two flowing walls of water and up a 20-foot high embankment.

The museum also has a racing café called the Turn 4 Café. The café offers an assortment of breakfast items, salads, soups and sandwiches, fountain beverages and coffee. The café hours are 8 a.m. - 4 p.m., Monday

through Friday. The museum hours are 8 a.m. - 4 p.m., Tuesday through Saturday and Sunday noon - 4 p.m. For more information, call Penske Racing Museum at 480-538-4444 or visit the Web sit at www.penskeracingmuseum.com.
Editor's Note: Information for this article was complied from www.penskeracingmuseum.com.

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Youth taekwondo class to begin

The SKIESUnlimited program taekwondo class will be held 6:30 - 7:30 p.m., Tuesday at the Youth Center, Building 49013. The classes will continue every Tuesday and Thursday. This is a year-long class, but students may attend on a monthly basis. Class fee is \$25 per month.

The class is open to youth ages 5 - 18, whose parents are active duty or retired military, Department of the Army civilians, non-appropriated fund employees or contractor employees. Participants must also be members of Child and Youth Services.

If a parent is interested in attending the taekwondo class with their child, they may do so by paying an additional \$25 monthly class fee.

For more information, call Robin Gabert at 533-0710.

Football and cheerleading registration

Registration for the Sierra Vista American Youth Football and Cheer 2005 Season is going on from 1 p.m. to 4 p.m. on Saturday at Fort Huachuca Youth Services. Football is open to kids ages 5-15 and cheerleading is open to kids ages 5-14. For more information, call Keith Hampton at 458-2320 or e-mail svyouthfootball@cox.net.

Rabies clinic

The Huachuca City Animal Shelter will be having a rabies clinic from 9 a.m. to 1 p.m. on Saturday at the Huachuca City Animal Shelter. The rabies shot will cost \$15 per shot, cash only. Huachuca City residents may also buy city licenses for their pets. For more information, call Laurie Fivecoat at 456-1337.

Memorial Day ceremony

The public is invited to participate in a candelight and wreath laying ceremony at 6:30 p.m., May 30 at the Southern Arizona Veterans Memorial Cemetery, located at 1300 Buffalo Soldier Trail.

A patriotic ceremony including the pageantry of "Post-

ing of the Colors" by American Legion Bill Carmichael, Post #52 of Sierra Vista; presentation of the organizational colors of several other local veterans organizations, a short address by Randy Groth; a proclamation from the Honorable Janet Napolitano, Arizona governor and a proclamation by the Honorable Tom Hessler, Sierra Vista mayor, are among the honors to be paid to our heroes, the deceased veterans at their final resting place.

For more information, call Terry Nuti at 458-7144 or Leo Pimple at 459-0103.

Wyatt Earp Days

Tombstone's Annual Wyatt Earp Celebration is scheduled for Memorial Day weekend, Saturday through Monday.

See the "Old Wild West" come alive with a weekend honoring Tombstone's most notable and legendary lawmen.

The weekend will feature three full days of action packed street entertainment, starting at 10 a.m. and concluding at 4 p.m. with street shows every 15 minutes. There will also be full feature length gunfight reenactments each day at the Helldorado Town Amphitheater, located at Fourth and Toughtnut streets.

Admissions to all shows at the Helldorado Amphitheater are \$4; children under 6 years-old are admitted free of charge.

For more information, call Bronco Bill at 457-3511.

Summer soccer registration now open

Registration is now open for the Sierra Vista (Adult) Soccer League summer soccer season. The season will start week of June 14 and run through the end of July. Games will be played on Brock Field on Fort Huachuca. The Women's Division will play Wednesdays and Fridays. The Open Division will play Tuesdays and Thursdays. Registration deadline is June 1.

Cost for one division is \$35 for new players, \$30 for

currently registered players. Cost for both divisions is \$55 for new players, \$50 for currently registered players.

For more information, call Sunny Forma at 439-0912 or e-mail her at sunnyforma@hotmail.com.

Register at Vinny's on Tuesday at 5 p.m. - 7 p.m. If you are a new registrant, remember to bring a photocopy of your driver's license.

Earn money while you stay at home

The Fort Huachuca Family Child Care program is looking for individuals who want to earn an income, raise their children at home, and make a difference in another child's life by becoming certified child care providers. The next training begins July 6, and the deadline to sign up is June 30. For more information on how to become an FCC Provider, call 533-2498.

Reminder: Fort Huachuca housing residents may only provide child care in their quarters after gaining approval from the garrison commander and the commander's agent, the Fort Huachuca Family Child Care office.

Sale at Sportsman's Center

The Sportsman's Center is offering 10 percent off all merchandise, including guns, ammunition, wild game calls, cleaning kits, and all other items in the pro shop. The sale will continue until all merchandise has been sold. For more information, call Mick Gue at 533-7085.



Pets Of The Week



Sway is a 2 year-old, male Lhasa Apso mix.



Sox is a 3-4 year old, male Terrier mix.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

The Upside of Anger
R

Friday -7 p.m.

Kin's Ransom
PG-13

Saturday -7 p.m.

Sahara
PG-13

Sunday -2 p.m.

Sahara
Pg-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



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all covered through the All Army program. "All Army takes care of Soldiers," Woods emphasized.

For the more elite athletes, the Army also offers the World Class Athlete Program in Fort Carson, Colo. Through these programs, "the Army facilitates success for Army athletes," Woods said. "They have the opportunity to promote their own sports careers in hopes of possibly becoming professional athletes all because of Army sports," Woods said.

Clayton is expanding Fort Huachuca's taekwondo program this summer. He'll be offering a basic martial arts class which teaches martial arts fundamentals to anyone at any level of experience. Those who are interested in continuing their martial arts training can move from Clayton's basic course to more advanced courses offered by other installation instructors or they can train with the post taekwondo team.

Ask The Dietitian

The importance of milk

CAPT. JENNIFER L. RODRIGUEZ
REGISTERED DIETITIAN

Three groups down and three to go on the new Food Guide Pyramid! In weeks past, we looked at the grains, vegetables and fruits; now let's take a gander at the milk group. The important message here is to get your calcium-rich foods. Foods high in calcium provide many health benefits to include reducing the risk of bone loss and osteoporosis, decreased blood pressure, proper growth and development during childhood and adolescence, and just recently studies show adequate calcium may help those trying to lose weight.

Be sure to choose low fat or

fat free dairy products. Milk products that are not low fat contain saturated fat and extra calories our bodies don't need. Saturated fat raises "bad" cholesterol and can increase your risk of developing heart disease. And remember the vitamin and mineral content of low fat milk is the same as whole milk, so no need to worry about not getting what you need.

How many servings of from the milk group are recommended? Adults should consume 2-3 cups each day. A one cup serving from the milk group is equal to one cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese.

Getting your recommended

servings is easy to do. Some suggestions include; drinking low fat milk with meals, eating low fat yogurt for a snack, or topping your favorite casserole with low fat shredded cheese.

If you are unable to consume milk products, choose lactose free foods, soy milk or soy beans, calcium-fortified juice, or canned fish with bones such as sardines or salmon with bones. Be sure to check out the Web site at www.MyPyramid.gov for more information. Next week we will take a look at the meat and beans group. Happy Eating!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

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